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# Oamaru The Telegram

12th May 2020

Phone 434 9651

Issue 485

## THE GARAGE DOOR CENTRE

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The Oamaru Telegram has been in Oamaru for 10 years, and it will continue. We are committed to this local community. We are the only 100% local owned community paper. We employ local people to edit, design, publish, print and have it delivered by locals. So when you advertise with us you are supporting the area you, live, work and play in. Thank you to the many people that are thinking of and creating new ideas and projects - this is great to see... Keep it up! Enjoy your week, regards The Telegram.

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Here we are into another week of uncertainty with people and business's in limbo - thank goodness for our gardens and we are still in a mild season to enjoy being outside doing what needs to be done.



**Trees & shrubs:** we play the waiting game now... best to leave all major pruning well into Winter when sap is right down. If pruned now, new growth is likely to occur, then Winter damage will encourage disease - best to just stick to cutting back tired Summer growth and raking up the ever increasing leaf drop.

Every garden I cut back and tidy up here is getting a topping of compost and leaf mould mixed, as bins need to be emptied for all the leaves, and there are wool packs filled weekly. Leaves, grass clippings. Soft hedge trimmings and soft garden waste, ready compost and manure (for those on a farm ) layered, will break down over time to lovely humus, to be returned to the garden this time next year. With a commercial compost bin, the right conditions, moisture, it will take a shorter time, but I have large open bays and find it is ready for use during the following Autumn.

Here on the coast, we can plant for Winter colour. Look about your garden for Polyanthus and Pansies left in from last Winter - also self sown seedlings under plants like Lavender, Calendula, Poppies, Sweet Peas, Lupins, Hollyhock, Viola and Primula. If they flowered well and made seed, they will be there for the gathering. Pot up in punnets and nurse along until ready to re-pot or plant pot.

I have sent off for flower and veg seeds on line and received them this week. There is time still to raise seeds before Winter if you get onto it now. I raise mine outside but raise the containers up from the cold ground, by placing them on polystyrene or straw bales in a warm sunny spot. Keep the planting mix on the dry side. Always water only when needed, early in a day as evaporation is not great now and very small seedlings do not have the root capacity to take up excess moisture.

**Seed collecting:** I am still collecting seeds from dry pods and saving them in paper bags and envelopes. Adding a sprinkle of rice will absorb any remaining moisture and help to keep seed dry and in good condition until a Spring planting. I have been looking out for self sown seedlings under plants like Lavender, Calendula, Poppies, Sweet Peas, Lupins, Hollyhock, Viola and Primula. If they flowered well and made seed they will be there for the gathering. Pot up in punnets and nurse along until ready to re-pot or plant pot.

**Wisterias** will need a cut back now - ours was growing along the upstairs balcony, threatening to push through sliding doors and take over a bedroom and because it was getting very heavy, it was cut right back to the trunk wood. It pushed out new growth really fast and I will now train only one leader left and right. For Wisterias that are not causing a problem, use a hedge trimmer to get rid of all the leafy, wispy growth - cutting too hard back into thick wood will remove new flower buds. Each long winding growth could eventually grow into a thick branch, so if training a young plant, let only one length go either way along a structure.

**Lawns:** Grass Grub has been bad in areas of our lawn, leaving dead patches after they have eaten all the roots. Rake the dead patch away and rough the soil up a little then sow grass seed and rake in to the firm patch. If you do not get a strike during Autumn you can resow in Spring. Grass grubs are feeding from February until May, so by now they will be well down in the ground hibernating until they reappeared as the brown Night Beetle around November.

**Fruit: Tamarillos** - these delicious, tangy fruits ripen during Autumn and Winter and can go from pale green to rich ripe red in about a week. They are ripe when either a deep, dark red or golden orange / yellow depending on variety. Pick fruit individually by cutting stems. Once picked, they keep well and will become sweeter. Feajoas will also be fattening up for those lucky enough to be growing them.

**Citrus bushes** would benefit from a rich layer of compost, well-rotted manure, seaweed, straw – whatever you have to spread as a mulching layer around roots.

**Vegetables:** Save seed from Beans, Peas, Pumpkin family and also a few of your Herb and companion flower plant seeds for next Spring, as we are still not sure what will be available in retail outlets as we go forward. Mound up around the base of Leeks to keep them pale and sweet, but keep soil beneath the bottom leaf to stop it getting inside, making washing them difficult.

An application of Lime now if you have some is a real benefit to many of the leaf crops – Cabbage, Spinach, Kale, Broccoli and Silver Beet.

**Potatoes need to be dug and stored now..** If they still have more growing to do, keep water off them - they last better if tops have



yellowed and died down.

Once dug, let dirt dry on them, brush off and store in a cool dry place away from any other veg or fruit - any moisture will encourage sprouts. Non sprouting powder can be purchased but I use the layering of dried Herbs method - cut Rosemary, Thyme, Sage, Lemon Balm, Mint - any of the Herbs before they die back. Let moisture dry out of them then layer among stored clean dry Potatoes, (a Herb filled muslin bag works too) When all potatoes have been used, crush the mixed Herbs and store in a glass jar for use. **Curing Pumpkins:** Bring Pumpkins in for curing and storing before hard frosts. Pumpkins are ready when the stem is dry and hard to the touch. Cut from the runner, leaving 10 cm stem attached to the Pumpkin and cure by sitting in a warm spot, raised allowing air to circulate around the whole Pumpkin for about two weeks, then turn upside down and leave for another two weeks - this will harden up skin and intensify the flavour. Storing Pumpkins: Rub all over with olive oil to seal in moisture, store in a dry place - off the ground is best on layers of newspaper.

Thinking ahead to Spring planting already? Spring planting can be delayed for ages because of wet cold ground, so in very cold areas, place an insulating layer on soil you plan to plant out in early Spring. This will prevent soil from becoming water-logged - use polythene, fertilizers bags or old carpet. *Cheers, Linda.*

## OAMARU + PHARMACY

### *It's your Pharmacy*

#### **Let's talk about boosting your Immune System**

There are defensive steps you can take to ensure you put up the toughest shield possible this cold and flu season, with Winter just around the corner.

The immune system is a network of organs, cells and proteins that protect the body from viruses, bacteria and foreign substances. On a day to day basis, it plays an important role in the body, especially during periods of high stress, fatigue or harsh climates. So, from time to time, it does need a little support. To keep a healthy strong and reliable immune system it is important to incorporate healthy habits into your lifestyle. Every part of your body, including your immune system, functions better when you choose a healthy lifestyle that includes a balanced diet rich in antioxidants, regular exercise and maintaining a healthy weight. Adequate sleep and lower stress levels are important, as a big night out or stressful time at work can reduce the immune response of the body, decreasing immunity. Supplements can fill in the nutritional gaps, some of them are designed to boost your defences during cold and flu season or help to create long-term immune support to help prevent more serious diseases.

Some of the most popular immunity boosters are Vitamin C, the most widely known of immunity boosters, Vitamin C is a great year-round safeguard to ensure optimum health. Foods rich in vitamin C include oranges, strawberries, capsicum, spinach, kale and broccoli. Adequate daily intake is essential for good health because your body doesn't produce or store it. It is a good idea to supplement your diet with it in case you aren't consuming enough. Zinc is recommended from acne and wound healing, to digestion and immunity. Zinc is considered critical for a healthy immune system. The body requires it to develop and activate T-cells—important players in the immune system—and several studies have shown that even mild deficiencies can impair components of the immune system. Probiotics are one of the most effective supplements for long-term support of the immune and digestive system. Vitamin D. Research has established a link between vitamin D deficiency and increased autoimmunity (where the body attacks itself) as well as increased susceptibility to infection. Garlic supplements taken regularly may help prevent the common cold or the flu. If you do get sick, the garlic can reduce the severity of your symptoms and help you recover faster. Garlic supplements are especially recommended for those prone to getting sick. Elderberry is used to support the respiratory system and boost the immune response.

*At Oamaru Pharmacy we have a wide range of supplements for the whole family. Come in and see us, the team is always ready to help with friendly and knowledgeable advice..*

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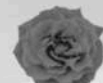
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Please remember to book your advertising in advance. Our deadline is Wednesday night the week before publication.

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### **Havenwyck Pets - Creating Calm**

**Creating;** *verb:* cause (something) to happen as a result of one's actions. **Calm;** *adjective:* not showing or feeling nervousness, anger, or other strong emotions.

In my youth I bred and showed Guinea Pigs - this started my passion for working with animals. I was able to learn and strive to expand my knowledge whilst working in Kennels/Catteries, on Dairy farms and within the Veterinary Industry as a Qualified Veterinary Nurse. A big part of my self discovery was with the behaviour of all animals, big and small - they all have natural instincts that are stronger than our own; this is due to all species being altered in some way to fit into the human world, and as I discovered, this can cause anxiety and fear. Over many years of research I have delved into what I can do to Create a Calm environment for the animals I work with. You will find at Havenwyck Pets I strive to ensure the animals here are able to express natural behaviours by providing them with enrichment and items within their enclosure to reduce stress. I promote minimal handling for Rabbits and Guinea Pigs - you may ask why - this is due to small mammals being a prey animal, other creatures (dogs, cats, birds) prey on small furry critters for food, when we go to pick them up this simulated a fear response as natural instinct is telling them they may get eaten! ***Training and positive interactions with help keep your small furry calm if and when you need to pick them up!***

***Come and see me if you would like to learn more!***

*Leanne Wreakes-Fallen. Dip.VN*

The community prefer to find their trade and service providers locally and rely on the Telegram for this.